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CHAPTER 2 NOT SO INSIDIOUS

REEL GUYS DIVIDED ON INSIDIOUS: CHAPTER 2, SAYING THE CONFUSING PLOT, CLUNKY DIALOGUE DIMINISH THE SCARES

PAGE 11

Excuse me, sir, will you kindly stop?

In her etiquette school, London's new Miss Manners says being polite can make you a powerhouse PAGE 2

Rape culture exists beyond SMU: Rally

Halifax poet reminds protesters of pro-rape chant that 'everybody else has been doing it,' too PAGE 6

Run the rat race in your office space

More and more employees are standing, walking, cycling through the day at active stations PAGE 9

NEWS WORTH SHARING.

FLYING FAIRLY HIGH

From left, Lauren Rowe, Danielle Orcutt and Hanna Rowe, all from London, take in one of the rides at Western Fair on a picture-perfect Thursday afternoon. The fair is entering its final weekend. Gates open at 3 p.m. on Friday and 11 a.m. on Saturday and Sunday. Check westernfairdistrict.com for details. MARK SPOWART/FOR METRO

City's payout meeting?... Tumbleweeds

'Feeling rushed.'
City council blamed for low turnout at pay-review meeting

The hot topic of how much to pay the city's mayor and councillors went a little cold Thursday night.

The council compensation review task force held a public participation meeting at city hall, seeking public comment on the all-important payouts.

But only a handful of people turned up, and Brian Orr, the chair of the task force, in an interview after the meeting, blamed the city council for imposing a tight schedule.

"The city council should have started this earlier and given us more time," he said. "We're feeling rushed."

Mayor Joe Fontana is paid $104,258 a year. The 14 councillors each receive $33,465, plus $1,249 if they're standing committee chairs. That totals more than half a million dollars a year. But the big numbers didn't mean a big turnout. Only seven citizens were there. When invited, just five spoke.

The media, city staff and task-force members totalled 16.

Orr expressed regret at the turnout, insisting the task force used the "mechanisms available" to promote the meeting. He's been doing media interviews and writing to local associations, but he said no social-media accounts were created.

But he was pleased at the number of comments by the public via a questionnaire that was circulated. They are "approaching 500" and four years ago, for the last such process, they received 180.

MIKE DONACHIE/METRO

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NEWS 1

Etiquette challenges

She's incredibly polite, so it's tough to get her to criticize anyone, but Wendy Mencel gave Metro a guide to 21st-century politeness pitfalls.

- **Texting during dinner.** "Put your cellphone away if you're having a conversation," said the expert. "People talking on their cellphones in a nice restaurant very loudly are not polite." That counts for at home, too. Many young people simply don't know they should put their phones away when they eat, she adds.
- **Show respect behind the wheel.** "I see some pretty aggressive driving," Mencel said. "People cut one another off. Try and think about the other driver."
- **Wedding cash grabs.** "Something I see a lot now is people asking for money when they're getting married," Mencel said. "A lot of brides put 'cash only' or 'please donate toward our honeymoon.' That's just tacky."
- **Metro's mistake.** After considerable persuasion, Mencel eventually agreed to point out a mistake made by Metro's reporter during the interview. "You said, 'No problem.' That's an etiquette mistake," she explained. "I'm thanking you, and you should say, 'You're welcome.' To say 'No problem' means you have been inconvenienced, and you haven't." Point taken.

MIKE DONACHIE/METRO

On the web

For more local news go to metronews.ca

Proper procedure promotes perfection: Etiquette expert Wendy Mencel is ready with all the advice you need. MIKE DONACHIE/METRO

Beating the bullies with politeness

How to deal. Etiquette school to show kids they have the power to cope — and succeed

MIKE DONACHIE
mike.donachie@metronews.ca

Sometimes there's nowhere to run.

So what does a child do when faced with a bully and they have nobody to turn to? A new initiative in London has the answer: It's all about etiquette.

"We want to teach children how to put their best foot forward despite whatever circumstances they are facing," said Wendy Mencel, director of the city's newly established Canadian School of Protocol and Etiquette.

"For instance, helping children with their social skills helps against bullies," she said. "The initiative in the school system is walk away and tell an adult, but sometimes there's no place to walk away to and there's no adult.

"What do you do in that situation?"

The answer, she says, is to stand up to aggressors, but to do so politely.

"Bullied people will instinctively look down. We teach them to look people in the eye and say 'No,'" Mencel said. "We teach social skills that will help in any situation, that let people understand you mean business."

It's all about giving the confidence to cope in any situation, whether it's a schoolyard clash or an evening of fine dining.

Mencel, who's a certified etiquette consultant and an Anglican minister, explained: "This isn't about learning how to curtsy or how to sip tea with your pinkie out — which you should never do, by the way, because it's bad etiquette.

"It's about equipping children with social skills that in a very competitive global market will help them to succeed."

Mencel's driven to help young people, and she's direct about why.

"I want to teach children that they don't have to be a victim of bullying," she said. "They have the skills and the tools within themselves to deal with it."

Etiquette lessons

- The Canadian School of Protocol and Etiquette is presenting workshops called Stepping Through: Social and Dining Etiquette For Kids.
- As well as anti-bullying, they cover topics like first impressions, with that all-important handshake-and-eye-contact combination, dining skills, interview skills for teens and social-media etiquette.
- The workshops start Sept. 28 at Covent Garden Market. Visit thecanadianschoolofprotocol.com for more information.

Values charter. 'We don't care what's on your head': Hospital to Que. students

An Ontario hospital is turning Quebec's proposed restrictions on religious clothing in the public sector into a recruiting drive.

Lakeridge Health in Oshawa is putting out an ad that depicts a woman wearing a hijab and a stethoscope with the slogan "We don't care what's on your head, we care what's in it."

The hospital wants to let Quebec's health professionals know there's a great hospital in the Greater Toronto Area that wants them, said hospital spokesman Aaron Lazarus.

THE CANADIAN PRESS

Accident

Young man dies following dirt-bike jump

A 20-year-old St. Thomas man died Wednesday after losing control of his dirt bike while performing a jump. Robert Tiffin was at the Gopher Dunes in Middleton when the crash was reported about 10 p.m. Sept. 7, police said.

METRO

Tree of Life. London Abused Women's Centre launches campaign

A good cause has been firmly planted in the public eye thanks to a partnership with a major store.

The 22 Shoppers Drug Mart stores in London are supporting the London Abused Women's Centre's 12th annual Tree of Life campaign.

Starting Saturday and for a month, the stores will give customers the chance to buy and personalize their own Tree of Life leaves and other items, then place them on the tree.

The goal is to raise money to promote the health of women in the London area, and this year's target is $79,000.

MIKE DONACHIE/METRO

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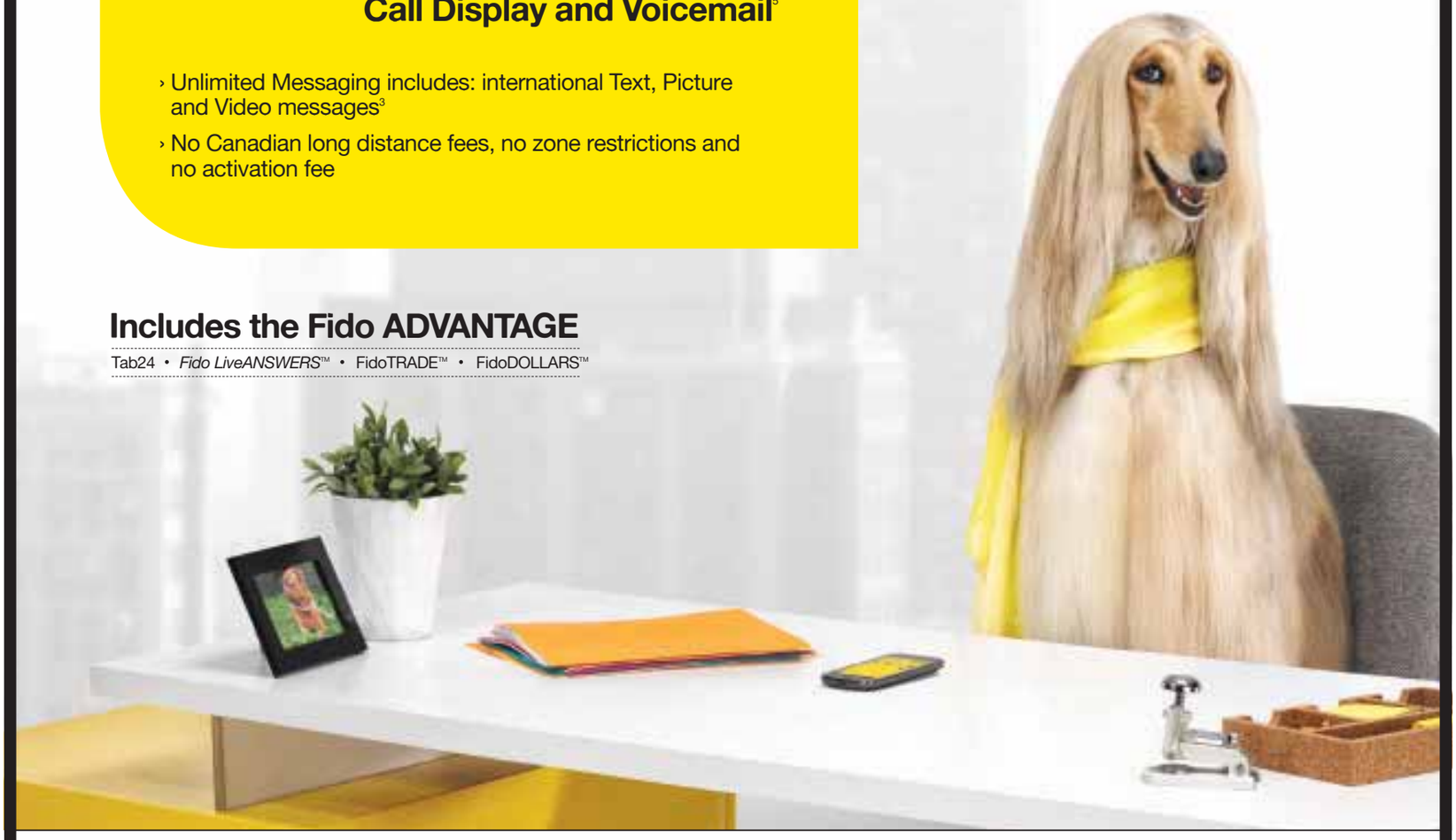

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League giving back to family of man who gave his all

Social Services Baseball League. Lucas McConnell was a regular volunteer and team player

Lucas McConnell was in the prime of his life.

He had a job he loved working as a groundskeeper at Riverbend Golf and Country Club.

He and his wife, Kelly, had just welcomed their first child, Griffin, into their home. Ten days later, he laced up for his last weekly baseball game.

On the hot summer night of July 18, the eve of his 30th birthday, McConnell passed away — leaving his family, friends and anyone else whose lives he had touched through his volunteer work in shock.

"He literally dropped dead," said Lynne Easter, president of the Social Services Baseball League that McConnell played in. "He had always played a variety of sports and was in the prime of life."

Outside of work and family, McConnell often gave his time freely to a number of charities and community services.

Along with being a member of the Social Services Baseball League, he played in the group's volleyball league and stepped up to coach the Children's Aid Society baseball team.

Now, friends are trying to give back to his wife and daughter. Rather than have their annual year-end party, McConnell's baseball league has organized a fundraising pig roast for Sept. 21.

"We wanted to do something special to not only commemorate him but also to assist his family," Easter said. "The league is picking up all the cost of the food so that every dollar from the $10 ticket sales will go right to his family."

While they have received a few donations that will be used as raffle and door prizes, Easter is still looking for additional items and hoping to sell a lot more tickets.

"We are certainly attempting to do as much fundraising as we can," Easter said. MARK SPOWART/FOR METRO

How to help

- The fundraising pig roast for Lucas McConnell's family will be from 6 p.m. to 1 a.m. Sept. 21 at the OPSEU Membership Centre (1092 Dearness Dr.).
- To buy a ticket or make a donation call Lynne Easter at 519-657-8312 or email leaster@opseu.org.

Shimmying down walls just like Batman ... on his first day

Shannel Butt of London was one of 72 people who took an elevator to the top of One London Place on Thursday and shimmied along 372 feet of exterior glass to get down. London was one of 16 cities across Canada that participated in the Easter Seals' annual Drop Zone fundraiser. Organizers expected to raise $110,000 this year. Last year, $107,000 was raised. For more photos, check metronews.ca. MARK SPOWART/FOR METRO

Grunting about grunt work. Students want end to unpaid internships

Western University student leaders, along with six others from across Ontario, are calling on the government to ban unpaid internships.

The Ontario Undergraduate Student Alliance, which represents more than 140,000 students, has released a position paper saying employers are using unpaid internships to "exploit the historically high supply of post-secondary graduates."

The province needs to better enforce the Ontario Employment Standards Act "to protect them from unfair unpaid work, while also including provisions that support those meaningful, unpaid positions tied to academic study," said Amir Eftekarpour, vice-president external for Western's University Students' Council. METRO

Seeing ... orange? Liberals pulling election stunt, Hudak says

Progressive Conservative Leader Tim Hudak says he suspects Ontario's governing Liberals are trying to engineer a snap election this fall.

Hudak was clearly disappointed after meeting privately Wednesday with Kathleen Wynne, saying the premier doesn't seem to have any ideas to create jobs and boost the economy.

He says the procedural fight over a bill to ban teens from using tanning beds — which all three parties support — turned into a circus and shows the Liberals are itching for a quick election.

Hudak says rather than waiting for a budget next spring, which would be a confidence vote, the Liberals may want to roll the dice now and go to the polls. METRO

Boullee Street. Arson suspected in fires that caused $100K in damage

Police and firefighters are investigating a suspicious Thursday fire that destroyed three vehicles and damaged a fourth.

The exterior walls of residences at 200 and 202 Boullee St. were also scorched, police said.

Police received several 911 calls about the blaze at about 4:15 a.m. Damage is estimated at $100,000.

No injuries were reported.

Anyone with information is asked to call London police at 519-661-5670 or Crime Stoppers at 800-222-8477. METRO

Railway City brewer Zach Trynda, left, with Ryan Harrison, winner of this year's home-brew competition. CONTRIBUTED

Oh what a brew-ha-ha going on in St. Thomas

Best brew. Contest finds this year's best homemade beer, and ensures we can try it

MIKE DONACHIE
mike.donachie@metronews.ca

If you think your job is tough, spare a thought for poor Paul Corriveau.

As a leading light at Railway City Brewing Company, Corriveau has just spent a gruelling few weeks trying new beers.

It's all part of his tough job as vice-president of sales and marketing for the St. Thomas brewery. Yes, our hearts bleed for him.

Those weeks of work, with the help of brewers and other staff, led to the selection of the year's best home-brewed beer, and its Thursday launch as a new Railway City product.

"A lot of the basis of a lot of craft beer comes out of home brewers," said Corriveau. "A lot of home brewers start up breweries. To recognize the passion of home brewers, we wanted to give them a platform."

New brew

- Platform 13 gets its name from the current year, from Railway City's train motif and because it gives home brewers a platform.
- It's an English-style IPA, but made using the West Coast style of "hop bursting," which is a thing for brewers, apparently.
- Other new Railway City beers coming soon are a special fall brew, Hoptoberfest, and, in very limited quantities, Double Dead Elephant, a spinoff of an existing popular beer.

This year's winner is Ryan Harrison from St. Thomas, with Platform 13 — Pond Hopper.

In second place was a vanilla stout by Ryan Armstrong and Dennis Muzujlo, from London, and in third were John Jenkinson and Reuven Brandt, also Londoners, with a beer called Mango Saison.

Entries came from across Ontario, and styles ranged from simple ales, lagers and wheats, to dark stouts and porters.

Railway City is expanding, too. In the last four months its staff payroll grew from seven to 16 with the opening of a new brewery, five times the size of the last one.

Craft brewing is all about fresh local ingredients, like barley, hops, honey, whole grain and more, said Corriveau.

But why try a local brew?

"I think it's about the experience," he said. "And you're also supporting a local company, hiring local people."

Terry Fox Run

Runners warming up for fundraiser

Hundreds of people will gather in Springbank Gardens on Sunday for the annual Terry Fox Run starting at 8 a.m. Events continue through 2 p.m. All proceeds go to the Terry Fox Foundation. Check terryfox.org for details. METRO

Hope in the City

Stephen Lewis is keynote speaker

Canadian politician and broadcaster Stephen Lewis has been named the keynote speaker of the Salvation Army's second annual Hope in the City breakfast on Nov. 14.

Tickets and sponsorships are available by calling 519-433-6106. METRO

Powwow

Museum holding annual festival

The Museum of Ontario Archaeology's fifth annual powwow and Native Harvest Festival runs from 10 a.m. to 4:30 p.m. Saturday and Sunday at the museum (1600 Attawandaron Rd.).

Check museumpowwow.ca for details. METRO

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Rally seeks to remind country of rape culture beyond SMU

Wider discourse. SMU got caught with chant but does not own the problem, poet declares

ALY THOMSON
For Metro in Halifax

An organizer of a rally promoting consensual sex at Saint Mary's University in Halifax says the attitudes on campus surrounding rape and equality need to change.

The rally came after the scandal caused by a frosh event in which hundreds of students participated in a chant that glorified the rape of underage girls.

Roughly 150 people attended Thursday's rally.

Lewis Rendell, 20, said she hoped the incident would spark a wider discussion about rape culture.

Before reading an impassioned poem about a rape victim, Halifax poet laureate El Jones declared that "the problem doesn't belong to SMU."

"SMU didn't create rape culture," Jones told the crowd. "SMU got caught, but everybody else has been doing it."

The chant prompted the resignation of the president of the Saint Mary's University Students' Association.

According to the university, two student organizers are facing disciplinary action and roughly 80 student leaders will undergo sensitivity training.

Rendell, a board member of the SMU Women's Centre, added that the rally was also protesting the administration's response to the scandal and seeking increased funding and support.

"We've been speaking out when they've tried to sweep it under the rug," said the third-year student.

A spokesman for SMU said in an email that the school is working with the centre to strengthen their relationship. Steve Proctor said a member of the centre has agreed to sit on the President's Council.

Best practices

Universities watch and take notes

James Sanford, executive director of student services at Acadia University in Wolfville, N.S., said he expects many school administrators are closely watching Saint Mary's.

Ryan Flanagan, director of student affairs at Carleton University in Ottawa, said the administration became more involved in orientation after student-leadership concerns in 2010, which he wouldn't discuss.

"It's becoming the exception, not the norm, that universities aren't having a more significant role," he said. "If student associations are going to run it, I think you're taking on a risk."

THE CANADIAN PRESS

Protesters gather in the SMU quad Thursday to voice their displeasure with a frosh-week chant. JEFF HARPER/METRO IN HALIFAX

Semantics.

Nude bike pitch alters city bylaw

A case of two women wanting a parade permit to ride naked through Winnipeg last year has led to a change in a city bylaw.

On Thursday, Winnipeg Police Service officials spoke in favour of amending a traffic bylaw to include bicyclists as well as pedestrians in the definition of a parade.

Patrol Sgt. Kevin Cisaroski, the police's special events co-ordinator, said the bylaw "didn't address bicyclists at all."

He said that exclusion prevented police from having the authority to issue parade permits for cyclists, meaning bikes had to continue to abide by the Highway Traffic Act, with no side-by-side riding and the required stopping at red lights and stop signs.

As for the naked ride, a permit was not issued, and "it still isn't allowed," said Cisaroski. BERNICE PONTANILLA/METRO IN WINNIPEG

Ex-Hutterites pen book alleging corruption, sexism, puny wages

From left, Darlene and her husband Titus Waldner, Glenda Maendel and Karen Waldner are four of the nine former Hutterite colony members from Manitoba and North Dakota who've written a tell-all book. SHANE GIBSON/METRO IN WINNIPEG

A group of former Hutterite colony members from Manitoba and North Dakota are peeling back the veil on the societies traditionally closed off to the modern world.

Seven years after each individually decided to escape — a move that has caused their communities and much of their families to shun them — the group of nine has published a tell-all account of their sheltered lives.

"This is actually exposing the Hutterites," explained Glenda Maendel, adding their book was written as much for those still living in colonies as it was for those on the outside.

"The mindset you had there was that everything is evil out here and you'd go to hell if you leave the colony.

"It's for people to see that there is hope and freedom out there."

Allegations

"The mindset you had there was that everything is evil out here and you'd go to hell if you leave the colony."

Co-author Glenda Maendel

Hutterites: Our Story to Freedom was released in August, and each of the former members takes a chapter to tell their personal story. The accounts describe a corrupt system of sexism, favouritism and unfair wages, in which members work for $3 to $5 a month while the colony coffers grow.

"We love the Hutterite people, but it's the system that ruins the people," said Maendel.

The book also looks at the struggles each of the nine went through after leaving their communities for a new world with nothing but the clothes on their backs.

"It took years to adjust," said another of the authors, Titus Waldner.

"Inside the colony you're not invited to express yourself as an individual.... To come out of that and now just start being open and sharing and know who you are as a person — it doesn't happen overnight."

SHANE GIBSON/METRO IN WINNIPEG

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DEA says 30 kilos of cocaine was headed for small Alberta town

Seven charged. Most accused believed to be members of a Mexican Mennonite community with ties to infamous Juarez drug cartel

JEREMY NOLAIS
Metro in Calgary

American drug-enforcement officers allege a southeast Alberta hamlet was the destination for a haul of cocaine being moved through a pipeline involving the Mennonite community and a notorious Mexican cartel.

The Drug Enforcement Administration (DEA) laid charges against seven people in relation to the alleged trafficking operation this week. It's believed all but one of the accused were members of a Mexican Mennonite community in the state of Chihuahua and had direct links to the Juarez drug cartel, widely considered to be one of the most brutal criminal organizations in the world.

The drug bust involved 11,000 pounds of marijuana that agents believe was to be distributed to various states in the U.S. and 30 kilograms of cocaine that DEA Assistant Special Agent in Charge Kevin Merrill said was bound for Grassy Lake, Alta., a small hamlet located about an hour east of Lethbridge.

"We had targets that we had identified through phone records that they were talking to up there," he said, adding more charges in connection with the drug bust were possible.

Merrill indicated his organization worked with Canadian authorities, but a request for comment from RCMP's federal communications office had not been returned at press time.

Mennonites are members of a church that has been around for nearly 500 years, according to a national website.

"Today, you won't recognize most Mennonites by how they dress," the posting reads. "But you will find vibrant Mennonite congregations through rural areas, small towns and large cities across Canada and throughout the world."

Southeastern Alberta in particular became a common migration point for Mennonites from Mexico and Bolivia in the 1990s. According to 2001 census data, the total Mennonite population in Alberta was 22,785 and in some smaller towns and hamlets, including Grassy Lake, the community can account for up to three-quarters of the population.

Merrill said Mexican cartels tend to rely on family ties or close friends when it comes to their trafficking operations because "it limits the number of people, if they get arrested, that will co-operate against them."

Quoted

"Bad economy, people have got to make money somehow."

Peter, a Grassy Lake business owner who asked that his last name be withheld, and who moved to the area from Mexico a quarter-century ago.

Toronto

Officer convicted in G20 assault

The criminal conviction of a Toronto police officer for assaulting a protester during the G20 summit three years ago was hailed as a victory for the hundreds of demonstrators who were rounded up and arrested that weekend.

Const. Babak Andalib-Goortani was convicted Thursday of assault with a weapon after a judge found he used excessive force during the arrest of protester Adam Nobody on June 26, 2010, on the lawn of the Ontario legislature. **THE CANADIAN PRESS**

Syria

Assad agrees to secure, destroy chemical weapons

Syrian President Bashar Assad publicly agreed Thursday to a Russian plan to secure and destroy his chemical weapons, but said the proposal would work only if the U.S. halts threats of military action.

Assad also said his government will start submitting data on its chemical-weapons stockpile a month after signing the convention banning such weapons, while the UN said Thursday that it received a letter from Syria stating its intention to join. The treaty states that a nation becomes a party 30 days after such a letter is submitted.

THE ASSOCIATED PRESS

Anger in Kashmir after protester killed

Indian policemen detain Kashmiri supporters of the Awami Ittehad Party during a protest against a fatal paramilitary shooting in the disputed territory in Srinagar, India, Thursday. Shopian District Deputy Commissioner Bashir Ahmed Bhat said a man was killed Wednesday when forces fired pellets at protesters. Residents insist the troops were firing bullets at the crowd protesting near a police camp about 50 kilometres south of Srinagar.

MUKHTAR KHAN/THE ASSOCIATED PRESS

Florida. Charges possible after suicide of 12-year-old girl who was cyberbullied

A 12-year-old girl committed suicide after she was bullied online by more than a dozen girls, and a sheriff said Thursday that he is investigating whether he can file charges under a new Florida cyberbullying law.

Sheriff Grady Judd said that Rebecca Ann Sedwick jumped to her death on Monday. Investigators say the girl was despondent after others had posted hate messages about her online. Sedwick was "absolutely terrorized on social media," Judd said.

The Lakeland Ledger reports that detectives found multiple social-media applications where Sedwick was constantly bullied with messages, including "Go kill yourself," and "Why are you still alive?"

He said parents of all 15 girls have co-operated with detectives and several cellphones and laptops have been confiscated. Judd said charges could be filed — including cyberstalking.

"If we can get any evidence of a criminal offence, the person or persons involved will be punished," he said.

Before her death, Sedwick had searched questions online related to suicide, including "How many over-the-counter drugs do you take to die?" and "How many Advil do you have to take to die?"

Detectives also found photos of Sedwick with razor blades lying on her arms and with her head resting on a railroad track, Judd said.

Judd said a 12-year-old boy in North Carolina, who Sedwick met through social media, knew of her plan. Sedwick messaged him only hours before her death saying she was dead and "I'm jumping, I can't take it anymore."

Sedwick also changed her name on a free messaging application to "That Dead Girl."

Judd said detectives are trying to investigate the social-media applications that Sedwick used, including Kik and Ask.fm, but many of the websites are based in other countries.

If detectives can find evidence, according to Florida law, the girls could be charged with felony cyberstalking because Sedwick was under 16 years old.

"If you bully somebody online and it's reported to us and we can build a credible case, we will charge you," Judd said.

THE ASSOCIATED PRESS

Quoted

"If you bully somebody online and it's reported to us and we can build a credible case, we will charge you."

Sheriff Grady Judd

Telecom. Vodafone UK CEO to head up Rogers

The chief executive of U.K.-based Vodafone Group has been hired as the new president and CEO of Toronto's Rogers Communications Inc. and plans to take over just ahead of a wireless auction that will see Canada's telecom companies compete for radio waves to expand their cellphone networks.

Guy Laurence
COURTESY ROGERS

Guy Laurence, 52, will take over in December as the top executive of Rogers, one of Canada's largest communications companies and its biggest wireless provider with about 10 million customers.

He succeeds Nadir Mohamed, who had previously announced his retirement as the head of the wireless, cable and media company.

Canaccord Genuity analyst Dvai Ghose said Laurence will need to both grow the wireless customer business and improve customer service. THE CANADIAN PRESS

Biometrics. iPhone hype may benefit Canuck firm

Karl Martin was thrilled when Apple officially unveiled the fingerprint-reading technology that's built into the new iPhone 5S — even though it could be perceived as competition for his Toronto-based business.

He's hoping the hype around fingerprint scanning will create excitement around other biometrics technologies, including the Nymi, his company's bracelet that promises to read a user's heart rhythm and use it as a form of authentication that could replace online passwords, keys and other security measures.

Nymi devices, made by Toronto-based Bionym, read a user's heart rhythm for identification purposes.
COURTESY BIONYM

Bionym is currently taking pre-orders for the device, expected to be released next spring, for $79. The device takes an electrocardiogram when a user wearing it on their wrist touches it with their opposite hand. Martin, CEO of Bionym, says a cardiac rhythm is about as unique as a fingerprint, so the device could be used to confirm a person's identity. THE CANADIAN PRESS

Market Minute

DOLLAR 96.85¢ (-0.10¢)

TSX 12,701.05 (-124.37)

OIL $108.60 US (+$1.04)

GOLD $1,330.60 US (-$33.20)

Natural gas: $3.64 US (+7¢)
Dow Jones: 15,300.64 (-25.96)

Transparency issue

Pants problem lowers Lululemon profit outlook

Lululemon Athletica is lowering its 2013 profit and revenue outlook as efforts to improve the quality of its black Luon yoga pants have delayed the delivery of fall products to stores. The company pulled the pants from store shelves this spring because they were found to be see-through.
THE CANADIAN PRESS

Tech turnaround

Yahoo claims to have 800M users

Yahoo CEO Marissa Mayer says the Internet company now has about 800 million worldwide users, a 20-percent increase since she was lured away from Google 15 months ago to steer a turnaround. The gain disclosed Wednesday at a technology conference in San Francisco is the latest evidence of the progress that Yahoo is making under Mayer's leadership. THE ASSOCIATED PRESS

Social media

Twitter files IPO documents

Twitter is going public. The micro-messaging service says it has filed confidential documents for an initial public offering of stock. The firm posted on its own Twitter account that it has "confidentially submitted an S-1 to the SEC for a planned IPO." Twitter's IPO has been long expected. The firm has been ramping up its advertising products and working to boost ad revenue. THE ASSOCIATED PRESS

Josh Baldonado, an administrative assistant at Brown & Brown Insurance, works at a treadmill desk at the firm's offices in Carmel, Ind. Workers sign up for 30 slots on the treadmills and have their phone and computer transferred to the workstations. MICHAEL CONROY/THE ASSOCIATED PRESS

Run the rat race from your desk

On the move. Growing number of employees are standing, walking, cycling through the day at active stations

Glued to your desk at work? Cross that off the list of excuses for not having the time to exercise.

A growing number of Americans are standing, walking and even cycling their way through the workday at treadmill desks, standup desks or other moving workstations. Others are forgoing chairs in favour of giant exercise balls to stay fit.

Walking on a treadmill while making phone calls and sorting through emails means "being productive on two fronts," said Andrew Lockerbie, senior vice-president of benefits at Brown & Brown, a global insurance consulting firm.

Lockerbie can burn 350 calories a day walking about five to six kilometres on one of two treadmill desks that his company's Indianapolis, Ind., office purchased earlier this year.

"I'm in meetings and at my desk and on the phone all day," he said. "It's great to be able to have an option at my work to get some physical activity while I'm actually doing office stuff. You feel better, you get your blood moving, you think clearly."

It's been a decade since scientific studies began to show that too much sitting can lead to obesity and increase the risk of developing diabetes, high blood pressure and heart disease. Even going to the gym three times a week doesn't offset the harm of being sedentary for hours at a time, said Dr. James Levine, an endocrinologist at the Mayo Clinic.
THE ASSOCIATED PRESS

Setting the pace

- Treadmill desks designed for the workplace are normally set to move at about 1.6 to 3.2 km/h, enough to get the heart rate up but not too fast to distract from reading or talking on the phone comfortably.

No more mail on Saturday? Blimey

The U.K. government has confirmed plans to privatize the country's 500-year-old Royal Mail this fall. Business Secretary Vince Cable said Thursday an initial public offering of a majority stake in the postal service is scheduled for the coming weeks. But tampering with a service so central to public life is a delicate matter. The familiar red pillarboxes will be protected by law, but there are fears the six-days-a-week delivery service Britons are used to will be threatened by a drive to profitability.
PETER MACDIARMID/GETTY IMAGES

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BY GEORGE! WHAT A CURSE

THE METRO LIST

Paul Sullivan
metronews.ca

Those lazy, hazy, crazy days of summer are over, and now it's time to pay attention. So, if you're wondering what to pay attention to …

1 **Charter chowder.** The Parti Québécois unveils its "charter of values," banning the wearing of religious symbols on the job for the province's civil servants. No burkas or turbans or yarmulkes, please. The charter has already claimed its first victim, MP Maria Mourani, who was kicked out of the Bloc Québécois caucus for daring to disagree with her fellow separatists, calling the charter a "political miscalculation." It is that, never mind what else it is.

2 **iPhone.** Apple unveils its latest iPhones to the usual media frenzy. One is "cheap," just under 100 bucks in the U.S., while the other is so expensive, it induces nosebleeds. But you can lock it with your fingerprint, so you'll never have to worry about forgetting your passcode as it comes permanently attached.

3 **Hockey Night in Canada, almost.** The boys of summer are still out there tearing up the grass, but the boys of winter are already back at the rink getting ready for a 1,230-game season that culminates on April 13, 2014, in the final game between the Dallas Stars and the Phoenix Coyotes. And then the playoffs begin. Are you ready for some, er, a lot of hockey?

4 **Harry Potter sequel — NOT.** Hollywood is rocking with the news that Harry Potter author J.K. Rowling is going to write her first screenplay about the world of wizards. Too bad it's about Fantastic Beasts and Where to Find Them, which really has nothing to do with Harry Potter, "the boy who lived," presumably to spawn a sequel … someday. Rowling seems to have a perverse need to deny her millions of fans the one thing they do want. Curses! As in Avada Kedavra!

5 **From Russia, with petulance.** Russian President Vladimir Putin has the nerve to preach to America about being good global citizens and avoiding military action in Syria in an op-ed piece in the New York Times. His article has the unanticipated side-effect of doing what President Obama has never been able to do: Unite the fractious U.S. Congress. A Republican senator believes Ronald Reagan is turning over in his grave, while a Democratic senator said the article nearly made him vomit. No word on a sequel.

6 **Ain't gonna study war no more.** After flying 156 missions and helping to rescue 149 people, Prince William is retiring from his job as a U.K. military rescue chopper pilot after seven-and-a-half years. He will now shift his focus to rescuing endangered animals — he has recorded a video calling for an end to the ivory and rhino horns trade. Presumably his other hazardous duty will include getting up in the middle of the night to change the royal diapers on baby George.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Vitruvian-style amphibian aims high

COURTESY NASA

Frog launches with NASA rocket

Frogs have been sautéed, baked and deep-fried. But not until the latest NASA moon launch has one ever been seen blasted by a rocket.

The likely unfortunate event occurred Sept. 6, when a frog got an unexpected front-row seat to the liftoff of NASA's lunar explorer, known as LADEE. When the rocket unleashed its 361,000 pounds of thrust, more than the spacecraft took off.

The moment was captured in an extraordinary photograph posted on NASA's website.

TORSTAR NEWS SERVICE

Soft landing?

"Currently, LADEE is doing well, but we're not certain about the frog's fate." NASA spokesman Allard Beutel

The image isn't altered

- NASA said the photo is authentic. It was taken by a remote NASA camera triggered by sound.
- NASA's mission is on its way to the moon. It will gather information about the lunar atmosphere, surface conditions and lunar dust.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Instagram video may be the ideal destination for finding bad behaviour from unsavoury characters, but Vine remains the undisputed champion for weirdos and their typically hilarious but always high-concept gems.

ISTOCK

@Keelayjams: Armed with a stable of celebrity cardboard cutouts and an absurd number of Motorola RAZRs, Keelayjams takes a small apartment and the streets of New York and turns them into an often surreal funhouse.

@Electrolemon: Aside from running an infinitely retweetable Twitter account, the "cover model for idiot magazine" also happens to be a reliably funny source for six-second skits.

@MarloMeekins: The comedienne is likely as close as we get to a bona fide Vine celebrity, and it's a well-earned designation. She's an especially worthy follow if you're a fan of dogs in doctor costumes.

Twitter

@metropicks asked: .@ariannahuff redefines the office with naps, yoga, meditation. What perks do you want at work?

@Cavemanbiff: 3 day weekend!

@MTanzN: so piggy backing off the male run corp. that is google, they already did what you proclaim

@qendresa: healthy snacks such a fresh fruit bowl/tray every day would be nice

Follow @metropicks and take part in our daily poll.

Letters

RE: Rape Not One Of The Three R's, says Paul Sullivan, published Sept. 12

"The tongue of the wise commends knowledge, but the mouth of the fool gushes folly." In wake of the "pro-rape chant" disgrace at SMU and UBC lately, it seems evident to me that universities have become hotbeds of foolishness, instead of the bastions of wisdom. I agree that the university leadership's reaction is one similar to the deer in headlights. They've long known that stupid behaviour such as this has been around the campus — it's only now that it gets widespread public attention outside that they act.

Roland Derksen, Vancouver

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Send us your comments: londonletters@metronews.ca

metro

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Synopsis

Once again the story focuses on the Lambert family — wife Renai (Rose Byrne), husband Josh (Patrick Wilson), kids Dalton and Foster (Ty Simpkins and Andrew Astor) and grandma Lorraine (Barbara Hershey). After the haunting events of the first movie they have moved in an effort to put the past behind them. Unfortunately they can't escape the ghosts who are attracted to what Josh has — life! Increasingly terrifying encounters with spirits threatens not only Josh's safety but the safety of everyone who comes into contact with him.

- Richard: ●●○○○
- Mark: ●●○○○

Patrick Wilson stars in Insidious: Chapter 2. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Where are the scares?

Insidious: Chapter 2.

A confusing story and clunky dialogue get in the way of the thrills and chills in James Wan's film

Richard: Mark, jumping around in time and between the realm of the living and the great beyond, this story will be confusing to anyone who hasn't seen the original. But say what you will about the storytelling, no one else makes mainstream horror films like James Wan. Maybe it's best to think of Insidious: Chapter 2 as like taking a walk through a haunted house. The exhilaration comes from the scares, not the walk. Did it make your spine tingle?

Mark: No, Richard, I was too busy trying to decipher what was going on. My spine doesn't tingle when it's exhausted. I do think Wan was ambitious in juggling all those space and time plots, and his atmospherics were first rate. But I actually might criticize the acting here — there were a lot of clunky line readings. Lin Shaye, however, as the ghostly clairvoyant, steals the picture whenever she's onscreen. And Barbara Hershey? Hottest grandma ever!

RC: Ha! There may be the odd clunky line reading, but with her delicate features and downturned mouth, Rose Byrne does shock face like no one else. I also liked Patrick Wilson. He looks like the clean-cut guy next door, but when he's inhabited by evil spirits, boy, does he get ornery! I also liked that it was a horror film that doesn't rely on gore to get a rise out of the audience. The plasma budget must have been practically zero, but what it lacks in gore it makes up for in smoke, shadows and eerie red doors.

MB: Yes, no gore; Wan has certainly moved on from Saw. But what you call shock face I might call overacting, and seeing Patrick Wilson cast against type is a bit of a mixed blessing. But in the end, it's still a story about possession and hauntings, and we might just be at the saturation point of the genre. The creaky old house doesn't help. Someday someone's going to set a film like this in an airy modernist penthouse, illustrating the horrors of light and white leather sofas.

RC: And they'll call it A Haunting at Ikea: The Mournful Tale of Billy the Wobbly Bookcase! I think I'll stick to the old school creaky house with a dark basement for ghouls to hide in.

MB: Dark basements are scary, but so are balconies on the 40th floor. I'm not sure where I'd find the ghouls more dangerous!

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Finding the Canadian in Kurt

The Art of the Steal. Jay Baruchel had a great time on set with co-star Kurt Russell

RICHARD CROUSE
scene@metronews.ca

The Art of the Steal opens in theatres next Friday. CONTRIBUTED

"You show up on set and you look over here and there's Kurt Russell and there's Terence Stamp," says Jay Baruchel of shooting his new film The Art of the Steal. "And you think, 'I have a pretty cool gig.'"

The heist film sees Kurt Russell and Matt Dillon as Crunch and Nicky Calhoun, brothers and art thieves who haven't worked together since Nicky snitched on Crunch and sent him to prison. Years later they team up to steal one of the world's rarest books, but will the job lead to more double-crossing?

Baruchel co-stars in this twisty-turny movie as Crunch's sidekick and protégé, which meant he got to spend a great deal of time with Russell.

"It's one of these things where if we didn't get along at all we would find a way to fake it but what really helped is that we were two Chatty Cathys. I would ask him every conceivable thing. Every John Carpenter story. Stuff about Tango and Cash. Stuff about Tombstone, one of my very favourite movies of all time.

"He was cool to talk about all of it so whenever cut was called Kurt and I would go outside and have a cigarette and talk. We talked about everything. We talked about politics. We talked movies, sports. He's a Canadianophile as well, so the man has some real Canadian bona fides. So when it comes time to say action, there's an energy, a connection, a shorthand because we enjoy one another's company.

"It can be faked, but it's way less fun and way more work."

Working with one of his heroes wasn't the only reason Baruchel signed on.

"Like any job I take, I look at the opportunity," he says. "I look at who I'm going to work with, what it's about and where it's going to be and would I pay money to see it. This checked every box on my criteria."

Chief among those yardsticks is a strong Canadian element. The actor is a vocal supporter of the homegrown industry who says, "We need to make more movies here that take place here and we will not hide our Canadianness."

The Art of the Steal fits the bill. It was shot in Niagara Falls, a place he calls "a very specific part of the world, equal parts gorgeous and seedy and strange and disarming. The whole thing is a back lot. You put a camera there anywhere and you have production value up your ass."

Action/Comedy

The Family

Director. Luc Besson

Stars. Robert De Niro, Michelle Pfeiffer

This fish-out-of-water story sees The Manzonis: Maggie (Michelle Pfeiffer), Belle (Diane Argon), Warren (John D'Leo) and father, hit-man-turned-stoolie Giovanni (Robert De Niro), in witness protection in Normandy. Overseen by an FBI handler (Tommy Lee Jones), they try and fit in. Trouble is, they don't blend. The Family is a Bobby D mob flick, so it isn't terrible, and co-star Michelle Pfeiffer, brings back fond memories of Married to the Mob, but the film teases us with visions of De Niro in gangster mode and lets us down with a paint-by-numbers story. RICHARD CROUSE

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Aniston on stripping, tabloids and celebrity

We're the Millers. Jen spent weeks with a trainer to get in pole-twirling shape

GABRIELA ACOSTA SILVA
scene@metronews.ca

In the new comedy We're the Millers, the Friends star, now 44, plays an aging stripper who pretends to be a mom, to help a schlub (Jason Sudakis) smuggle weed out of Mexico. The film has proven a monster hit, making the actress big again at the multiplex. Metro's papers in Mexico recently sat down with Jennifer Aniston to talk about the film.

You're in the tabloids a lot. What do you dislike most about fame?
That people see artists as gods, when we are simple humans. It seems that our life, it's part of the development of the world — that if I get married, if I am mad with somebody, if I am pregnant … that shouldn't be that important. I think people should pay more attention to other stuff, because nothing is what it seems; we are not as magnificent as you might think.

Jennifer Aniston stars in We're the Millers, playing now. CONTRIBUTED

Your character in the film, Rose, doesn't leave much to the imagination.
The character is a stripper and I have to do a sensual dance. I have been in several clubs and had an amazing choreographer who taught me this beautiful dance I perfected for weeks and weeks. It wasn't easy to do it; I was quite intimidated, but in the end I think it wasn't so bad, is it?

You looked like a pro.
I went to a gym for weeks and weeks — the coach put me on a strict diet and that gives you certain confidence. The hardest part was to go up the stairs in a sexy way.

Is comedy a genre that attracts you or has it been accidental?
I love to make people laugh. It's something I really like and comedies are something very fun. I made a few dramas, but I think I tend to gravitate toward comedies because they fit me.

THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 13 TO THURS., SEPT. 19 TIMES ARE SUBJECT TO CHANGE.

Mustang Drive-In -London
2551 Wilton Grove Rd.

Despicable Me 2 (G) Sat-Sun 8:30 Tue 8:30 Thu 8:30
Insidious: Chapter 2 (14A) Fri-Sun 8:35 Tue 8:35 Thu 8:35
No Films Showing Today (STC) Mon Wed
Riddick (14A) Fri-Sun 10:20 Tue 10:20 Thu 10:20
We're the Millers (14A) Sat-Sun 10:10 Tue 10:10 Thu 10:10

Hyland Cinema
240 Wharncliffe Road South

20 Feet From Stardom (PG) Fri 7:10 Sat 1-5 Sun 7:10 Mon 1-9 Tue 1-5 Wed 3:05 Thu 7:10
Fruitvale Station (14A) Fri 3:10 Sat-Sun 9 Mon 5 Tue 9 Wed 7:10 Thu 9
The Grandmaster (PG) Fri 1-9 Sat 6:55 Sun 1-5:05 Mon 2:55 Tue 6:55 Wed 1-5 Thu 1
Room 237 (14A) Fri 5 Sat 3 Sun 3:05 Mon 7 Tue 3 Wed 9 Thu 3:05

Rainbow Cinemas London
355 Wellington St.

The Family (14A) Fri-Thu 12:55-3:25-6:55-9:20
In a World... (14A) Fri-Thu 7:25-9:30
Insidious: Chapter 2 (14A) Fri-Thu 1:25-3:50-7:15-9:35
Lee Daniels' The Butler (14A) Fri-Thu 1-3:45-7-9:40
Percy Jackson: Sea of Monsters (PG) Fri-Thu 1:20-7:05
Planes (G) Fri-Thu 1:15-3:30
Riddick (14A) Fri-Thu 1:05-3:40-7:10-9:50
We're the Millers (14A) Fri-Tue 1:10-3:35-7:20-9:45 Wed 1:10-3:35-9:45 Thu 1:10-3:35-7:20-9:45
The World's End (14A) Fri-Thu 3:55-9:25

Riddick CONTRIBUTED

Western Film
Room 340, UCC Building,
Argo (14A) Fri-Thu 9:50

Despicable Me 2 (G) Fri 7 Sat-Sun 2:30-4:40-7 Mon-Thu 7
The Heat (14A) Fri-Thu 9:05

Wellington 8 Cinemas
983 Wellington Rd. S,

Elysium (14A) Fri-Sun 6:30-9:20 Mon-Thu 5-7:50
The Family (14A) Fri 6:50-9:30 Sat-Sun 1:10-3:45-6:50-9:30 Mon-Thu 5:20-8
Getaway (PG) Fri-Sun 9:25 Mon-Thu 7:55
Insidious: Chapter 2 (14A) Fri 7-9:40 Sat-Sun 1:20-3:50-7-9:40 Mon-Thu 5:30-8:10
Monsters University (G) Sat-Sun 1:15-3:40
One Direction: This Is Us - Extended Fan Cut (STC) Fri 6:40 Sat-Sun 1:30-6:40 Mon-Thu 5:10
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 9:15 Sat-Sun 4-9:15 Mon-Thu 7:45
Riddick (14A) Fri 7:10-9:50 Sat-Sun 1:25-4:10-7:10-9:50 Mon-Thu 5:40-8:20
This Is the End (18A) Fri 6:45 Sat-Sun 1-3:30-6:45 Mon-Thu 5:15
We're the Millers (14A) Fri 7:20-9:55 Sat-Sun 1:40-4:20-7:20-9:55 Mon-Thu 5:50-8:25
The World's End (14A) Fri 7:15-9:45 Sat-Sun 1:35-4:15-7:15-9:45 Mon-Thu 5:45-8:15

Cineplex Odeon Westmount
& VIP Cinemas
755 Wonderland Road South

Blue Jasmine (14A) Fri 4:10-6:40-9:15 Sat 1:10-4:05-6:40-9:15 Sun 1:10-4:10-6:40-9:15 Mon 6:40-9:15 Tue 4:10-6:40-9:15 Wed 1:20-6:40-9:15 Thu 6:40-9:15
Elysium (14A) Fri 4:50-7:50-10:25 Sat 1:50-4:50-7:40-10:25 Sun 2:10-5-7:50-10:25 Mon 7:20-9:55 Tue 4:50-7:50-10:25 Wed 7:20-9:55 Thu 10 Star & Strollers Screening Wed 1
The Family (14A) Fri 4:15-7:05-9:55 Sat-Sun 1:50-4:15-7:05-9:55 Mon 7:45 Tue 4:15-7:05-9:55 Wed-Thu 7:45
Insidious: Chapter 2 (14A) Fri 5-7:40-10:15 Sat 12:15-2:50-5:25-8-10:35 Sun 2-4:50-7:40-10:15 Mon 7:15-9:50 Tue 5-7:40-10:15 Wed-Thu 7:15-9:50
Lee Daniels' The Butler (14A) Fri 4-7-10 Sat 12:50-4-7-10:05 Sun 1-4-7-10 Mon 6:30-9:30 Tue 4-7-10 Wed 1:10-6:30-9:30 Thu 6:30-9:30 Fri 4:35-6:40-9:35 Sat-Sun 1:20-3:45-6:40-9:35 Mon 7:15 Tue 4:35-6:40-9:35 Wed-Thu 7:15
The Mortal Instruments: City of Bones (PG) Fri-Sun 9:50 Mon 9:20 Tue 9:50 Wed-Thu 9:20
One Direction: This Is Us - Extended Fan Cut (STC) Sat 12:10 Sun 1:15
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 4:15-6:50-9:30 Sat 2:45-5:20-7:55-10:30 Sun 3:50-6:50-9:30 Mon 6:50-9:40 Tue 4:15-6:50-9:30 Wed 6:50-10:10 Thu 6:50-9:40
Planes (G) Sat 12:25 Sun 1:50
Planes 3D (STC) Fri 5:10-7:30 Sat 2:45-5:10-7:30 Sun 4:40-7:30 Mon 7 Tue 5:10-7:30 Thu 7
Riddick (14A) Fri 4:20-7:10-10:10 Sat 1:20-4:15-7:10-10 Sun 1:30-4:20-7:10-10:10 Mon 6:45-9:35 Tue 4:20-7:10-10:10 Wed-Thu 6:45-9:35 Fri 4-7:30-10:20 Sat-Sun 1-4:45-7:30-10:20 Mon 8:15 Tue 4-7:30-10:20 Wed-Thu 8:15
Swan Lake Mariinsky Live 3D (STC) Wed 7
We're the Millers (14A) Fri 4:30-7:20-10:05 Sat 1:30-4:30-7:20-10:15 Sun 1:40-4:30-7:20-10:05 Mon 7:05-9:45 Tue 4:30-7:20-10:05 Wed-Thu 7:05-9:45
Star & Strollers Screening Wed 1

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Becoming Traviata (G) Sat 12:55
Elysium (14A) Fri-Sat 2:45-5:20-8:05-10:45 Sun 1:45-4:20-10 Mon-Thu 1:45-4:05-7:35-10 Sat 11:40
The Family (14A) Fri 2:40-5:20-8-10:40 Sat 11:50-2:40-5:20-8-10:40 Sun-Mon 1:55-4:45-7:35-10:30 Tue 1:55-4:45-7:45-10:30 Wed 1-4:45-7:35-10:30 Thu 1:55-4:45-7:35-10:30
Getaway (PG) Fri 10:10 Sat 9:50 Sun-Mon 10:10 Tue 10:35 Wed-Thu 10:10
Insidious: Chapter 2 (14A) Fri 3-5:35-8:10-10:45 Sat 12:25-3-5:35-8:10-10:45 Sun-Thu 1:50-4:40-7:30-10:20
Kick-Ass 2 (14A) Fri-Sat 10:35 Sun-Thu 10:25
Lee Daniels' The Butler (14A) Fri 1:15-4:15-7:15-10:15 Sat 1:20-4:15-7:15-10:15 Sun 1:15-4:15-7:20-10:15 Mon-Tue 1:30-4:30-7:20-10:15 Wed 4:30-7:20-10:15 Thu 1:30-4:30-7:20-10:15 Star & Strollers Screening Wed 1
The Mortal Instruments: City of Bones (PG) Fri 1:30-4:20-7:10-10:20 Sat 1:30-4:20-7:20-10:20 Sun 1:35-4:05-7:10 Mon-Thu 1:35-4:20-7:10-10:20
Nothing Left to Fear (STC) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri 1:20 Sat 12:40 Sun 1:20 Mon-Thu 1:40
One Direction: This Is Us 3D (G) Sat 5:35 One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 4:10-7:20-10:05 Sat 3:05-7:45-10:05 Sun-Thu 4:10-7:15-10:05
Planes (G) Fri 1:40 Sat 12:10 Sun-Thu 1:40
Planes 3D (STC) Fri 3:45-5:50-7:55 Sat 2:35-5:05-7:30 Sun-Thu 3:45-5:50-7:55
Riddick (14A) Fri 1:30-4:20-7-10 Sat 1-3:50-7-10 Sun-Thu 1:30-4:20-7-10
Riddick: The IMAX Experience (14A) Fri-Tue 2-4:50-7:40-10:30 Wed 1-7:40-10:30 Thu 2-4:50-7:40-10:30
The School of Rock (PG) Sat 11
The Smurfs 2 (G) Fri 1:25 Sat 11:10 Sun-Thu 1:25
The Smurfs 2 3D (G) Fri 3:40-5:55-8:15 Sat 4:30-7:05 Sun-Wed 3:40-5:55-8:05 Thu 3:40 We're the Millers (14A) Fri 2:10-4:50-7:25-10:10 Sat 11:30-2:10-4:50-7:25-10:10 Sun-Thu 2:15-4:45-7:25-10:10
The World's End (14A) Fri 2:40-5:10-7:50-10:25 Sat 12-2:40-5:10-7:50-10:25 Sun-Mon 2:40-5:10-7:50-10:25 Tue 2:40-5:10-8-10:40 Wed-Thu 2:40-5:10-7:50-10:25
WWE Night of Champions - 2013 (STC) Sun 8

Better Call Saul

Bob Odenkirk a.k.a Saul Goodman. CONTRIBUTED

Breaking Bad spinoff will be all about Saul

Breaking Bad fans will be ecstatic to learn that there is a new chapter in the show after it ends: Saul Goodman is getting his own spinoff series, tentatively called Better Call Saul. Television's funniest, slimiest fictional lawyer, Saul Goodman is returning to AMC with a one hour show that acts as a prequel to Breaking Bad. Bob Odenkirk, also of Adult Swim fame, will reprise his role as Saul. METRO

Kendra Wilkinson-Baskett returns to reality TV. GETTY IMAGES

Candid Kendra glad to be back On Top

Season 2. Former playboy bunny can't wait for viewers to experience her life outside of marriage and motherhood

ANISA ARSENAULT
Metro World News in NYC

You identified with her Olive Garden obsession in The Girls Next Door. You did her On Demand ab workouts. You were there every step of the way as she planned her wedding in Kendra. Kendra Wilkinson-Baskett has dominated reality television since 2005.

And she's still got more to give. Kendra On Top will return for season two this weekend.

The move from the show Kendra on E! to Kendra On Top on WEtv gave Wilkinson-Baskett the chance to rebrand herself.

"Our goal was to reintroduce Kendra again, in a different light," she says.

"Season one was about finding a career, being a parent, being a wife — kind of reintroducing me under another network, and reminding people who I am."

But season two will dive right in.

"My audience understands where I'm at now; we're pretty much up to date with everything," Wilkinson-Baskett says.

"This season is not about me being a parent or about me being married. It's about being a human being, the struggles of what that means, and how I get through it."

According to Wilkinson-Baskett, those struggles are real. "This is the most organic show you can get," she says.

"Sure, we have creative little tie-ins. But the overall story is 100 per cent my life."

Why such a strong commitment to the reality of reality TV? "I find it very therapeutic to be able to tell my story, and not hide it," she says.

"We've been shooting season two of Kendra On Top for about a year now. There's a lot that goes on in a year. Everybody goes through spurts. There are some people who hide those spurts and blow up later. But I'm an open book."

What are some of those "spurts" for Kendra?

As husband Hank Baskett develops his career at his gym Athletic Gaines, tensions run high.

"There's an episode where you'll get a chance to see what happens when his business mixes with my business, and it ends up not being such a great thing," she says.

For real real

"This is the most organic show you can get."

Kendra Wilkinson-Baskett
On the new season of Kendra On Top.

"It ends up being a complete disaster. You'll get a chance to see how we get through it, together."

Despite their professional differences, Wilkinson-Baskett remains supportive of her hubby's career. "The gym is really the most amazing place ever," she says.

"They're specialized in personal training and making sure you get to your goal safely and fast."

Although she is regarded as a fitness guru, she says her involvement in the gym does not extend beyond support.

But her pride for Baskett is trumped by pride for little Hank.

"We're very lucky to have a son like him," she says.

"It's natural to compare yourself with other parents, and I find myself patting myself on the back. We are creating an amazing human being."

Wilkinson-Baskett admits to a precarious relationship between parenting life and her televised life.

"We're respectable people," she says.

"We have a lot of parenting friends from preschool, and we have to warn them to be aware of what they see. This is a crazy season, a little dramatic. You know how they say behind closed doors, people are a certain way? Behind closed doors for us is actually on TV. People are seeing our true dirt."

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Sorrentino in much healthier Situation now

Coming clean. Former Jersey Shore star Mike 'The Situation' Sorrentino opens up about addiction battle

Former Jersey Shore cast member Mike "The Situation" Sorrentino realized he had an addiction problem on a trip to Australia in February 2012. He ran out of a prescription to treat an injury suffered during a 2010 stint on ABC's Dancing with the Stars.

"All I had to do was get dressed for a family function and I couldn't do that," Sorrentino said Monday in an interview with The Associated Press. "The shirt was laid out, the belt, the pants, everything. The shower was on. I couldn't even get out of bed," he said. Then he thought, "If I can't do that how am I going to continue?"

There were rumours at the time that he was battling an addiction to drugs and alcohol but Sorrentino maintains that wasn't the case and says "those rumours were definitely false. I didn't mix anything."

Soon after he checked into rehab, where doctors prescribed him with a medication to treat opioid addiction. Sorrentino still takes it daily and says that, combined with counselling, is what works best for him.

The 32-year-old is now a paid spokesman for Reckitt Benckiser Pharmaceuticals, Inc., the company that makes the medication he's taking. He's also helped launch a program called Reset Reality, to spread knowledge and understanding of opioid prescription painkiller addictions.

The road to figuring out he had a problem wasn't so easy. Looking back, there were people, like his family, who recognized before he did that something wasn't right.

Moment of realization

"All I had to do was get dressed for a family function and I couldn't do that."

Mike Sorrentino
On when he realized he had a problem

For one, he stopped working out as much, which was out of character. Also, he recalls: "People would say, 'Mike's not the same Mike we've seen before.'" He would respond, "I don't know what they're talking about" or chalk it up to someone not liking him or the show, but now says, "I was suffering a disease."

After completing rehab, Sorrentino still had one more season to film of Jersey Shore.

"A little part of me was like, 'How am I gonna get through this?' but if you watched I didn't have one drink."

The show aired its final episode last December. Since then Sorrentino has "gotten back to who Michael is."

The focus is on fitness, family, cooking and he says he also has a girlfriend.

He tries to look at life in 24 hour increments and his goal is to be "the best person I can be for those 24 hours."

Sorrentino also has plans to return to showbiz and hopes to have career announcements soon, but says staying healthy is his main focus and he's proud of that.

"The roller coaster of fame and fortune is definitely a ride in itself, but to get to recovery is something special. ... There is hope out there and you can get help." THE ASSOCIATED PRESS

Jersey Shore's Mike "The Situation" Sorrentino. THE ASSOCIATED PRESS

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3 songs for the weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

It's an all-Canadian affair today with a mix of vets and newcomers.

Reservoir / Pup

This new Toronto four-piece is being noticed by websites around the planet. This is honest, unvarnished rock 'n'roll, complete with blemishes. Acquaint yourself now.

King of Copenhagen / The Mahones

They've been touring behind their Angels & Devils album for more than a year now. Their latest video was pasted together from nothing but fan-shot footage. Well done!

Arrows of Desire / Matthew Good

Matt's new album is a back-to-basics affair, inspired in part by repeated listening to his favourite Pixes and Husker Du records. Arrows of Desire will be out Sept. 24.

Aguilera's African aid trip bettered her

Rwanda. Pop star, who was there on a World Hunger Relief effort, needed time away from cameras and was glad to help those less fortunate

Christina Aguilera. GETTY IMAGES

Christina Aguilera says that although she went to Rwanda to help others, she ended up helping herself. The 32-year-old singer visited Rwanda in June for a hunger relief effort. She said the experience helped her ground herself.

"It came at a time in my life when I really needed to be far removed from anything to do with work or being on camera," the Grammy winner said in a recent interview. "It came at a time in my life when I needed to sort of experience what's going on with the world beyond entertainment."

Aguilera has been a spokesperson for Yum! Brands' World Hunger Relief effort since 2009, and has also travelled to Haiti and Guatemala. She said being a mother — she has a five-year-old son, Max — made her feel more empathetic for those suffering from hunger around the world.

"It's so sad to think there's nothing that sets any of us apart," she said. "And when you go into the field, you really see that and feel that we're all one in the same, it's just we're born under different circumstances, and it's sad and I don't understand why, but I feel what I feel and I did what I can."

On her Rwanda trip, The Voice mentor served food to children and visited refugee camps, which she called "one of the most difficult moments."

"They had to escape everything and everybody they knew and loved, and it's just a lot to really open yourself up and feel all that," she said, on the brink of tears. "And you just want to help out in whatever way that you can."

Yum! Brands Inc. is the parent company to KFC, Pizza Hut and Taco Bell. The company said its World Hunger Relief effort has raised nearly $150 million for the United Nations World Food Programme and other organizations since its launch in 2007.

THE ASSOCIATED PRESS

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SHOPPERS DRUG MART

What do Modern Vampires listen to?

Chief songwriters speak. Ezra Koenig and Rostam Batmanglij tell Metro what songs and bands influenced them greatly on their journey to stardom

Vampire Weekend Chris Tomson, left, Chris Baio, Rostam Batmanglij and Ezra Koenig. CONTRIBUTED

PAT HEALY
Metro World News in NYC

As Vampire Weekend prepared to go on the road for another set of dates, main men Ezra Koenig and Rostam Batmanglij were right where they belonged earlier this week — helping as guest editors to our Metro papers in New York, Boston and Philadelphia.

Throughout two hour-long discussions with VW's chief songwriters, music obviously comes up a lot.

The references Koenig and Batmanglij throw around are often surprising. The title of their new album comes from the song One Blood by reggae artist Junior Reid. Here is a sampling of a few of the other artists the pair discussed.

Koenig
"Kanye is probably the greatest artist of our generation, and he's always talking about how he doesn't give a f—, but he's also always talking about how he does give a f—. It's two sides of the same coin. I would love to eventually get to a place where I could be so relaxed and be like, 'As long as we think it's good, nothing in the world matters.' But that's not exactly what this whole world of music that we participate in is about."

Batmanglij
"Ezra was kind of inspired by some things, one of them being this song Step to My Girl by Souls of Mischief, which you should check out. ... They were a West Coast rap group. I think they made that song when they were 15. It's kind of like a lost song."

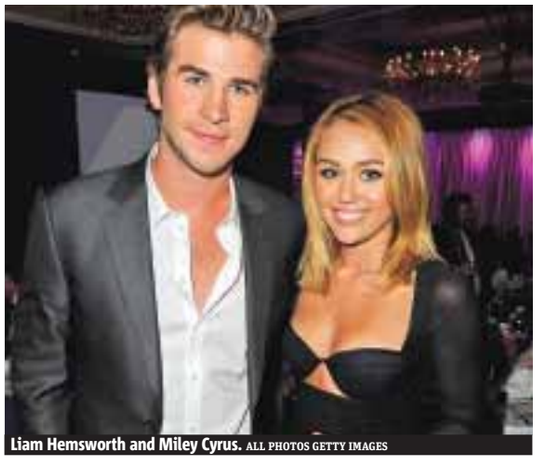
Koenig
"If you grew up obsessing about pop music and idolizing people like The Clash or Radiohead or Prince, who were able to have long careers in which they changed a lot, part of that is because in addition to following their own visions, they were also able to create things that mattered to people. I think that it's really cool that The Clash came out and made this early punk album that had all this energy and got people talking, and then six or seven years later they made this dancey hip-hop song about the Middle East that was like, a huge hit."

Batmanglij
"The Walkmen should be bigger, they are a great band. But I think there's a lot of people that feel the way we do."

Koenig
"I went on a drive last week and I was listening to the ASAP Ferg album. I thought there were some really great songs on it. I liked his vibe and I think it's a well-crafted album. And then I saw it debuted in the top 10, and it's his first album and I was like, 'Well, that seems about right.' That's cool that people are excited about that."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Cheating in the U.S.A.? Has Hemsworth got hands in January's cookie jar?

Rumours about Liam Hemsworth stepping out on fiancée Miley Cyrus are resurfacing after the Hunger Games star reportedly sent a rather forward text message to January Jones, according to Us Weekly. "I want to f— you," Hemsworth allegedly wrote to the Mad Men actress, with whom he was reportedly spotted making out at an Oscars after-party earlier this year. Hemsworth's rep, however, insists it's all nonsense. "The story of Liam Hemsworth and January Jones is entirely fabricated by US Weekly. There is no truth whatsoever to this tabloid fiction," the rep says in a statement.

Does Cara light up Harry's world like nobody else?

Harry Styles

Harry Styles reportedly has a new lady in his life. The One Direction member has been dating Cara Delevingne "for around two weeks," according to E! Online. "Harry's been chasing Cara nonstop. He really likes her and has been saying that he wants to be exclusive with her," a source says. But right now, Cara is not sure what to do. "She's finding her feet right now. They are seeing each other though, casually, and are actually very cute together. He's really chasing her, but she's a really busy girl," the source says.

The Word

It seems Demi wants a man with Moore years under his belt

Demi Moore is reportedly dating billionaire restaurant mogul Peter Morton, the 66-year-old father of her ex-boyfriend Harry Morton, according to Grazia. "Demi says that thanks to Peter, her toy-boy fascination could be over," a source says. "At 66, she never thought he'd be her type, but she really likes him." And apparently the same goes for her daughters. "The girls are glad Demi is dating someone older than herself for once," the source adds.

METRO

Katherine Heigl

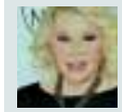
Cinematic source says Heigl, 'can cost you time every single day of shooting'

According to several film and TV insiders, Katherine Heigl is too difficult and demanding to work with, telling the Hollywood Reporter that casting the former Grey's Anatomy actress is "not worth it." A source from her 2010 film Life As We Know It says, "She can cost you time every single day of shooting. Wardrobe issues, not getting out of the trailer, questioning the script every single day." And a TV executive says Heigl's reputation kept her out of consideration for a role in a new series. "On many levels, she would have been perfect for the role, but all of us said, 'She's not worth it,'" the exec says.

Twitter

@kirstiealley
I hate spell check!!!!!

@jason_mraz
If humans hadn't developed index fingers, do you think Mariah Carey would be able to sing?



@Joan_Rivers
The reports that Madonna is engaged to her 25-year-old boyfriend are false. She isn't marrying him, she's adopting him.

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Our Royal Mint will be releasing coins to celebrate the 75th anniversary of Clark Kent's alter ego, and it got me thinking about a style of wine that also has a reputation for being super.

Italy's super Tuscans were conceived back in the 1970s as a liquid rebellion against the Chianti region's archaic winemaking regulations. Some winemakers went rogue by growing and then blending local and global grape varieties.

While Italians initially turned their collective noses up at this sacrilege, they were a hit everywhere else. Soon they were commanding prices as high as Italy's best, which earned them the heroic nickname.

It isn't legally defined terminology, so any winery in Tuscan adding non-traditional grapes to their blend can claim super Tuscan status. That's made it easier to find a drinkable version that doesn't break the bank.

The 2008 Monte Antico Toscana IGT ($15.95 to $18.99) is primarily sangiovese with a small portion of both merlot and cabernet sauvignon. The result is a rich wine with deep plum and black cherry core that offers terrific value.

A classic with pizza, it's equally at home paired with most red meats.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Pile on the yum

Pulled Pork Lettuce Wraps with Mediterranean Pickles. A Cutthroat Kitchen-inspired dish

Cutthroat Kitchen hands four chefs $25,000 and an opportunity to spend the money to either help themselves or sabotage their competitors. Ingredients are stolen, utensils destroyed and valuable time lost when these chefs compete. With host Alton Brown, nothing is out of bounds when money changes hands and viewers see just how far one chef will go to for the winning dish.

Pulled Pork

1. Heat olive oil in pan over med-high heat. Season pork with salt and pepper, sear on all sides, approx. 15 minutes. Remove from pan and set aside.
2. Place carrot, celery, garlic, cinnamon, thyme, lemon and orange zest in same pan. Sauté over medium high-heat until golden, approx. 10 minutes. Deglaze with tomatoes and stir.
3. Place pork and tomato mix in pressure cooker. Cook on high pressure until pork is tender, approx. 80 minutes. Release pressure and remove pork. Place in a high-sided pan and shred meat.
4. Strain liquid. Cover pork with just enough liquid to keep moist. Set aside to cool.
5. Place remaining cooking liquid and vegetable mix in a food processor. Purée until smooth. Set aside.

Crispy Chorizo

1. Heat olive oil in a sauté pan over medium-high heat. Add chorizo and thyme; sauté until crispy, approx. 5 minutes. Set aside until assembly.

Cutthroat Kitchen airs Sundays at 10 p.m. ET/PT on Food Network Canada.
COURTESY FOODNETWORK.CA

Master Brine

1. Place ingredients in a large pot and bring to boil. Remove from heat and reserve.

Pickled Fennel

1. Bring Master Brine to boil.
2. In another pot, place fennel, orange zest, toasted mustard and fennel seeds. Pour enough boiling Master Brine to cover, weigh down with a heavy object to submerge fennel. Set aside to cool, approx. 1 hour.
3. Place orange juice in containers. Transfer fennel with Master Brine into containers with orange juice. Cover and refrigerate until assembly.

Pickled Carrot

1. Place all ingredients, except Master Brine in container. Pour enough boiling Master Brine just to cover ingredients. Set aside to cool. Once cooled, place in fridge until assembly.

Pickled Shallots

1. Place shallots and salt in a bowl, toss and set aside 12 hours. Rinse and dry shallots. Place shallots in a bowl, mix with honey, lemon juice and chili. Set aside until assembly.

Green Olives

1. Heat olive oil in a sauté pan over med heat. Add olives and sauté until golden, 5 minutes. Add lemon zest and thyme leaves. Remove from heat and set aside in oil until assembly.

To Assemble

1. On lettuce, top generously with pork, chorizo, cold pickled fennel and carrots, pickled shallots and green olives.

COURTESY FOODNETWORK.CA

Ingredients

Pulled Pork
- 1/4 cup olive oil
- 1 4-5 lb pork shoulder, deboned and cut into 5 pieces
- salt and pepper
- 1 each carrot and stalk celery, roughly chopped
- 4 cloves garlic, smashed
- 1/2 cinnamon stick
- 3 sprigs thyme
- 1/2 zest each of 1/2 a lemon and orange
- 2 (796 ml) cans of whole tomatoes

Crispy Chorizo
- 1 tsp olive oil
- 2 chorizo sausages, diced
- 1 sprig thyme

Master Brine
- 1 litre white vinegar
- 1 1/2 l water
- 375 g sugar
- 250 g salt

Pickled Fennel
- 1 Master Brine
- 1 bulb fennel, core removed and julienned
- 1/2 zest and juice of 1/2 orange
- 1 1/2 each tsp toasted mustard seeds and fennel seeds

Pickled Carrot
- 2 carrots, peeled into ribbons
- 1 pinch saffron threads
- 1 sprig lemon thyme
- 1/2 zest of 1/2 lemon
- 1 tbsp honey
- Master Brine

Pickled Shallots
- 2 shallots, julienned
- 1 tsp salt
- 2 tsp honey
- 1/2 one lemon, juiced
- 1/2 finger chili, seeds removed and minced

Green Olives
- 1 tbsp olive oil
- 1/2 cup green olives, quartered
- 1/2 zest of 1/2 lemon
- 1 sprig thyme, leaves picked

Assembly
- 2 heads Boston lettuce, washed, dried and leaves picked

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Side dish. Mandarin Orange and Kale Salad

Massaging oil into kale is a great way to tenderize the leaves for this fruit-and-nut side salad.

1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in large bowl. Drizzle 2 tbsp (25 ml) oil over top; using hands, massage oil into kale for 1 minute. Sprinkle pinch of salt over top; massage and squeeze for 1 to 2 minutes or until kale is slightly softened.

2. Peel mandarin oranges and pull off excess stringy white bits; segment. Add orange segments, apple, celery and red onion to kale. In small bowl, whisk together 2 tbsp (25 ml) oil, vinegar, salt and pepper. Pour over salad; toss to coat. Transfer to serving platter. Sprinkle with toasted almonds.

PRESIDENT'S CHOICE

Ingredients

- 1 bunch kale, washed and dried
- 2 tbsp (25 ml) PC Splendido Extra Virgin Olive Oil
- Pinch salt
- 4 mandarin oranges
- 1 PC Organics Gala Apple (skin on), cut in julienne strips
- 1 stalk celery, thinly sliced
- 1/3 cup (75 ml) thinly sliced red onion
- 2 tbsp (25 ml) each extra virgin olive oil and white balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) sliced blanched almonds, toasted

Mushrooms and potatoes give salad an earthy twist

This recipe serves six as a side salad. CONTRIBUTED

1. Bring pot of water to a rolling boil. Gently add eggs, reduce heat to medium and boil for 6 minutes. Drain. Cover with cold water and let stand for 2 minutes. Remove eggs from water; set aside.

2. In large frying pan, heat 2 tbsp (25 ml) oil over medium heat. Add potatoes; cover and cook for 7 to 8 minutes, stirring occasionally, or until browned and cooked through. Add mushrooms; cover and cook 6 minutes or until mushrooms release juices and start to brown. Season mixture with 1/4 tsp (1 ml) of the salt and 1/8 tsp (0.5 ml) of the pepper.

3. In bowl, whisk mustard and vinegar. Whisk in 1/4 cup (50 ml) olive oil, remaining 1/4 tsp (1 ml) salt and remaining 1/8 tsp (0.5 ml) pepper.

4. In bowl, toss greens, red onion, potato-mushroom mix, and vinaigrette. Transfer to serving platter. Carefully peel eggs; cut in half lengthwise and arrange on top of salad. Serve sprinkled with parsley. PRESIDENT'S CHOICE

Ingredients

- 4 eggs, at room temperature
- 2 tbsp (25 ml) olive oil
- 1 cup (250 ml) halved PC Little Gems Golden Potatoes
- 1 pkg (100 g) shiitake mushrooms, stems discarded and caps cut in quarters
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tsp (10 ml) Dijon mustard
- 2 tsp (10 ml) white wine vinegar
- 1/4 cup (50 ml) olive oil
- 1 tub (142 g) PC Organics Mixed Field Greens Salad Mix
- 1/2 cup (125 ml) thinly sliced red onion
- 1/4 cup (50 ml) chopped fresh parsley

The Canucks selected Bo Horvat with the ninth overall pick in the 2013 draft. GETTY IMAGES FILE

Canucks' trade grade dependent on Horvat

NHL. Key cog in Knights' OHL championship team has a lot riding on his shoulders as the return for Schneider in off-season deal

Calling it down the middle

If Horvat does not crack the Canucks lineup, he must return to junior because he is too young to play in the minors under the terms of the NHL's collective bargaining agreement.

- But a roster opening to shoot for after fourth-line centre Max Lapierre left the Canucks via free agency and the third-line middle spot is in flux as Jordan Schroeder attempts to come back from off-season shoulder surgery.

A new chapter in the Vancouver Canucks' goaltending saga is about to unfold at the NHL club's training camp.

But this one is not specifically about Roberto Luongo or another crease crusader. Instead, it involves rookie centre Bo Horvat, the club's top pick in this year's NHL draft.

Horvat will get a chance to make an impression Friday as the Canucks hold their first on-ice workouts after on-ice testing Thursday at UBC and off-ice evaluations on Wednesday at Rogers Arena.

Horvat, an 18-year-old Rodney, Ont., native, was selected with the ninth overall pick that the Canucks acquired in a trade from the New Jersey Devils for goaltender Cory Schneider. But Horvat is trying not to get caught up in the hype surrounding the deal, which resulted after Schneider was expected to remain as No. 1 and Luongo anticipated for more than a year that he would be dealt.

Horvat's future will determine the return on the Schneider trade. But, aside from the pleasure of being wanted in a high-profile trade, the rookie tries not to think too much about the deal.

"It's always going to be in the back of your mind, it's always going to be brought up everywhere," said Horvat, who had 33 goals and 28 assists with the London Knights of the OHL last season.

"But I just try to be positive about it."

The six-foot 206-pound centre is among few prospects expected to merit serious consideration for permanent NHL employment with Vancouver's veteran-laden club.

He is also a candidate for Canada's entry at the world junior championships during the Christmas holidays.

THE CANADIAN PRESS

Budweiser Gardens kicks it up a notch with LED ring

The off-ice experience at London Knights games just moved a step closer to NHL standards at Budweiser Gardens.

And ironically, two NHL teams will get the first taste of what the new treat means to fans.

Global Spectrum management and the Knights announced the unveiling Thursday of their LED 360 Power Ring.

Hockey fans will see it for the first time when the Philadelphia Flyers play the Toronto Maple Leafs on Sunday in an exhibition game at Budweiser Gardens. Game time is 6 p.m.

The LED ring, circling the arena on the front of the 300 level, is a 360-degree digital sign that measures about 790 feet long and is about two feet tall. Features include animation, advertising and the ability to provide real-time updates for games being played elsewhere.

With the installation, the London Knights will become the only OHL team to have the LED ring, now common in NHL buildings.

Meanwhile, Sunday's game marks the ninth year the Flyers have played host to an NHL exhibition game in London and the third time the Leafs have been the opposition.

A giant pre-game block party will be set up along Talbot Street from 2 p.m. until the puck drops at 6 p.m.

At the block party, one of the highlights will be the Leafs Mobile Fan Zone, a replica of a Leafs dressing room.

DAVE LANGFORD/METRO

MLB

A's increase their lead in AL West

With Josh Reddick back and hitting home runs, the Oakland Athletics are bringing some more muscle and a bigger lead into a crucial weekend series.

Reinstated from the 15-day disabled list Wednesday, Reddick homered and had three RBIs, A.J. Griffin allowed just two hits in seven innings, and the A's beat the Minnesota Twins 8-2 Thursday afternoon to increase their division lead to 3 1/2 games over idle Texas in the American League West. It is Oakland's largest lead over the Rangers since Aug. 3. The teams are to scheduled play a three-game series this weekend in the Lone Star State.

"We know it's an important series, but we're not going to sweat about it," Reddick said. "We know we can beat those guys." THE ASSOCIATED PRESS

CFL

Riders duo face assault charges

Two members of the Saskatchewan Roughriders football team are facing charges after a fight at a Regina nightclub.

Defensive back Dwight Anderson, 32, and wide receiver Taj Smith, 29, each face one charge of aggravated assault.

Anderson and Smith made a brief appearance together in provincial court Thursday and were released on conditions, including that they keep the peace and stay away from alcohol. They left court without speaking to reporters.

THE CANADIAN PRESS

Locker-room tweets

"It's not for (posting): 'Here I am. I'm having a roast beef sandwich. I'm saying hello to my fans.' I mean, that's just ridiculous."

Vancouver Canucks coach John Tortorella wants his players to limit their Twitter use, but he won't impose an outright ban. Tortorella, a dog lover, has his own Twitter page, which he uses for fundraising causes related to canines.

Manning bros. hit Broadway Sunday

Brotherly love. Peyton and Eli maintain a close relationship throughout the bright lights of the NFL

Eli Manning, front, of the NFC's New York Giants greets his brother Peyton Manning of the AFC's Denver Broncos at the conclusion of the 2013 Pro Bowl on Jan. 27 in Hawaii. KENT NISHIMURA/GETTY IMAGES

Peyton Manning loves Eli's game, and not just because he's his little brother.

As a fellow NFL quarterback, he appreciates the way Eli has improved every year despite an ever-changing supporting cast, all while working under the bright glare of Broadway.

Oh, and those two Super Bowl rings are pretty sweet, too. Big brother has just one of those.

The siblings square off Sunday at MetLife Stadium, the third — and quite possibly last — time they'll face each other in the pros. Peyton came out on top in the first two, with his old team, the Indianapolis Colts, beating the New York Giants in 2006 and 2010.

Peyton, 37, sees Eli, 32, through the dual prism of blood and quarterback brotherhood, and he's thoroughly impressed by the view.

"Eli is a great player," Peyton said. "He's a consistent player. I think he's gotten better every year.

The Mannings talk twice a week on average — last season they played the same divisions in the NFC and AFC, so they shared notes on those common opponents.

"Usually we'll talk on Sunday or Monday after the previous game and then we'll kind of talk maybe Thursday or Friday kind of about the upcoming game," Peyton said. "We've always done that. We'll share."

Not this week.

They both said there was no football dialogue leading up to Manning Bowl III, just the typical bantering among brothers. There's been enough chatter from everyone else. Aside from the "first family of football" angle, this is the first game in NFL history pitting quarterbacks who threw for 400-plus yards the previous week.

Peyton threw for 462 yards and tied an NFL record with seven touchdown passes against Baltimore. Like Peyton, Eli also completed 27 of 42 throws, and he accumulated 450 yards at Dallas but had three interceptions to go with four TDs.

It seems as though everyone likes to compare the Mannings. Except the Mannings. They leave it to others to argue who's the superior quarterback, the better performer in the clutch, the leading pitchman, even. THE ASSOCIATED PRESS

NFL

Romo suffers bruised ribs in game against Giants

Tony Romo played through broken ribs to help keep the season afloat for Dallas in 2011.

The injury isn't as serious this time, which means the task doesn't appear as daunting for the Cowboys quarterback.

Romo has bruised ribs after he was crunched between two defenders late in the first half of a 36-31 win over the New York Giants in the opener. He played the second half and says he's just dealing with soreness heading into Sunday's game at Kansas City.

THE ASSOCIATED PRESS

Get loud!

Seahawks fans go for loud record

This Sunday, Seattle Seahawks fans will attempt to break the Guinness Book of World Records mark for loudest stadium, or officially "loudest crowd roar at a sports stadium."

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	89	58	.605	—
Tampa Bay	78	66	.542	9½
New York	78	68	.534	10½
Baltimore	77	68	.531	11
Toronto	67	78	.462	21

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	84	62	.575	—
Cleveland	77	68	.531	6½
Kansas City	77	69	.527	7
Minnesota	63	82	.434	20½
Chicago	58	87	.400	25½

WEST DIVISION

	W	L	Pct	GB
Oakland	85	61	.582	—
Texas	81	64	.559	3½
Los Angeles	69	76	.476	15½
Seattle	65	81	.445	20
Houston	50	96	.342	35

Thursday's results
Oakland 8 Minnesota 2
N.Y. Yankees at Baltimore, postponed
L.A. Angels at Toronto
Boston at Tampa Bay
Cleveland at Chicago White Sox
Wednesday's results
Kansas City 6 Cleveland 2
Pittsburgh 7 Texas 5
N.Y. Yankees 5 Baltimore 4
L.A. Angels 5 Toronto 4
Boston 7 Tampa Bay 3 (10)
Oakland 18 Minnesota 3
Detroit 1 Chicago White Sox 0
Houston 6 Seattle 1
Friday's games
All times Eastern
Cleveland (Salazar 1-2) at Chicago White Sox (Santiago 4-8), 2:10 p.m.
Baltimore (Hammel 7-8) at Toronto (Redmond 3-2), 7:07 p.m.
Kansas City (Chen 7-2) at Detroit (Verlander 12-11), 7:08 p.m.
N.Y. Yankees (Kuroda 11-10) at Boston (Lackey 9-12), 7:10 p.m.
Oakland (Straily 9-7) at Texas (Holland 9-8), 8:05 p.m.
Tampa Bay (Archer 8-7) at Minnesota (Correia 9-11), 8:10 p.m.
L.A. Angels (Vargas 8-6) at Houston (Oberholtzer 4-2), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	88	58	.603	—
Washington	77	69	.527	11
Philadelphia	67	78	.462	20½
New York	64	81	.441	23½
Miami	54	91	.372	33½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	85	60	.586	—
Pittsburgh	84	61	.579	1
Cincinnati	83	64	.565	3
Milwaukee	62	82	.431	22½
Chicago	62	83	.428	23

WEST DIVISION

	W	L	Pct	GB
Los Angeles	85	60	.586	—
Arizona	73	72	.503	12
San Diego	66	78	.458	18½
Colorado	67	80	.456	19
San Francisco	66	80	.452	19½

Thursday's results
Atlanta 6 Miami 1
Washington 7 N.Y. Mets 2
San Diego at Philadelphia, postponed
Chicago Cubs at Pittsburgh
Milwaukee at St. Louis
San Francisco at L.A. Dodgers
Wednesday, September 11
Cincinnati 6 Chicago Cubs 0
San Francisco 4 Colorado 3
Philadelphia 4 San Diego 2
Miami 5 Atlanta 2
Washington 3 N.Y. Mets 0
St. Louis 5 Milwaukee 1
Arizona 4 L.A. Dodgers 1
Friday's games
All times Eastern
Chicago Cubs (Arrieta 2-2) at Pittsburgh (Morton 7-4), 7:05 p.m.
Philadelphia (Kendrick 10-12) at Washington (Strasburg 7-9), 7:05 p.m.
Miami (Hand 0-0) at N.Y. Mets (Niese 6-7), 7:10 p.m.
San Diego (Kennedy 6-9) at Atlanta (Hale 0-0), 7:30 p.m.
Cincinnati (Latos 14-5) at Milwaukee (Lohse 9-9), 8:10 p.m.
Seattle (Iwakuma 12-6) at St. Louis (Wainwright 16-9), 8:15 p.m.
Colorado (Chatwood 7-4) at Arizona (McCarthy 4-9), 9:40 p.m.
San Francisco (Bumgarner 11-9) at L.A. Dodgers (Kershaw 14-8), 10:10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

WEEK 12
Friday's game — All times Eastern
Hamilton at Calgary, 9 p.m.
Saturday's games
Winnipeg at Edmonton, 6:30 p.m.
Toronto at Saskatchewan, 9:30 p.m.
Sunday's game
Montreal at B.C., 4:30 p.m.

NFL

WEEK 2
Thursday's result
N.Y. Jets at New England
Sunday's games
Carolina at Buffalo, 1 p.m.
Dallas at Kansas City, 1 p.m.
San Diego at Philadelphia, 1 p.m.
Miami at Indianapolis, 1 p.m.
St. Louis at Atlanta, 1 p.m.
Washington at Green Bay, 1 p.m.
Cleveland at Baltimore, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Chicago, 1 p.m.
Detroit at Arizona, 4:05 p.m.
New Orleans at Tampa Bay, 4:05 p.m.
Denver at N.Y. Giants, 4:25 p.m.
Jacksonville at Oakland, 4:25 p.m.
San Francisco at Seattle, 8:30 p.m.
Monday, September 16
Pittsburgh at Cincinnati, 8:40 p.m.

MLS

Wednesday's result
Chicago 1 Toronto 1
Friday's game
All times Eastern
Salt Lake at Seattle, 10 p.m.

Tough challenge

After overcoming two major knee surgeries in the past two years, Terrell Thomas might be facing his biggest challenge. The Giants cornerback is probably going to go against Wes Welker when New York (0-1) meets the Denver Broncos (1-0) at MetLife Stadium Sunday. Welker is one of the NFL's top slot receivers. He had a team-high nine catches for 67 yards and two touchdowns in the Broncos' 49-27 win over Baltimore in the kickoff to the season last week.
THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
One area of your life will grind to a halt and maybe even go into reverse today. You may not be happy about it but what can you do? Sometimes you just have to accept what occurs.

♉ Taurus
April 21 - May 21
Life is not and never will be a level playing field — some people are good at things that others will never master. Once you accept that, you can just get on with your life.

♊ Gemini
May 22 - June 21
You enjoy causing waves and something you say today will no doubt infuriate people who don't share your views. You need to remind them that their opinions, while valid, are not the be all and end all.

♋ Cancer
June 22 - July 23
You cannot change the world, so don't waste time trying. What you can do though is change your own way of looking at the world. If your outlook is positive, your future will be positive too.

♌ Leo
July 24 - Aug. 23
The winds of change are blowing at gale force and if you don't hold onto something, there is a chance you might get swept away. What is most stable in your life? Grasp it.

♍ Virgo
Aug. 24 - Sept. 23
There are things going on behind the scenes that will change your world in major ways but that is no reason to worry. Looking back later in the year, you will realize how wonderful they were.

♎ Libra
Sept. 24 - Oct. 23
Someone you don't get along with will make their usual fuss today and you should tell them that you've had enough of their dramatics. If they don't shut up then ship them out.

♏ Scorpio
Oct. 24 - Nov. 22
It takes courage to choose a different path when the one you are on is so familiar but there is no other choice. If you don't change now, you could be stuck with the same old routine for years to come.

♐ Sagittarius
Nov. 23 - Dec. 21
A plan you had high hopes for will have to be put on the back burner for a while. According to the planets, it needs more time to mature in your mind.

♑ Capricorn
Dec. 22 - Jan. 20
Everything that happens in life is part of the grand design. Remember that and you won't go wrong. If you want to win at the game of life, you must let go and trust the universe.

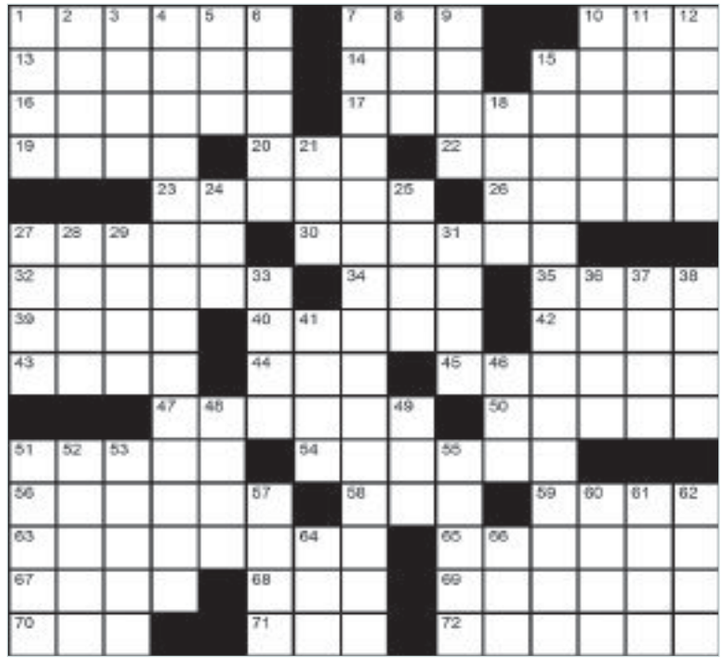
♒ Aquarius
Jan. 21 - Feb. 19
You may be sad that a friend is moving away but the space their departure leaves will be filled by someone else. Life is never static, nor are relationships. You may not like change but ultimately it is good.

♓ Pisces
Feb. 20 - March 20
You may be the sort who can bluff your way through most situations but the planets warn you have bitten off more than you can chew this time. A penalty of some kind will have to be paid before you can move on. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



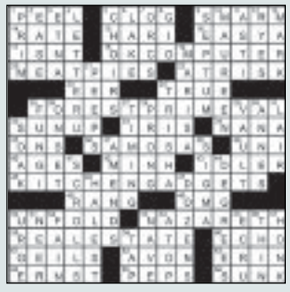
Across

1. Infomercial's prompt to buy!: 2 wds.
7. Coke or Pepsi
10. Cause supporter, __-thumper
13. Opera tenor, Enrico __ (b.1873 - d.1921)
14. Ms. MacGraw
15. Rubik's Cube inventor, __ Rubik
16. Furnace, for example
17. Do a cleanse
19. Bldg. planner
20. Company name abbr.
22. Travelled, bunny-style
23. Truly
26. Wants
27. Cut-and-__
30. Actor Mr. Grenier
32. Edmonton's CFL players, to fans
34. Texas city, with Antonio
35. "Grey's Anatomy" star Ms. Ramirez
39. "Dynamite" singer Mr. Cruz
40. Christine of "Chicago Hope"
42. Music key, _ __.
43. Cable sports channel
44. Hubbub
45. Canadian rapper, D-__
47. Celebrated
50. Seal the deal, slang-style: 2 wds.
51. Rage: 2 wds.
54. Laura Branigan smash
56. Draw out a response
58. Tie-__
59. Plant stem bump
63. French author of 1759 book Candide
65. Astronaut legend, Buzz __
67. '70s hit in Spanish: "__ Tu"
68. And not
69. Discontinued
70. Set down
71. "Okay."
72. Bound-to-the-land persons of ancient Sparta

Down

1. Be sore
2. City in Normandy in France where Canadians saw action in WWII
3. Hamlet genre, for short
4. Food label heading under which Calories, Fat, etc. are listed: 2 wds.
5. 'Lact' suffix
6. Tom Cochrane album: 'Mad Mad __'
7. '80s fashions features: 2 wds.
8. Toreador's taunt
9. Essential part
10. Hogwash
11. Hungry
12. Surnamesakes of bartender Woody on "Cheers"
15. It's been rocking The Senate in 2013 headlines: 2 wds.
18. Eugene O'Neill's daughter
21. Hot drink
24. Social pages word
25. "Shoot!"
27. Rocker Mr. Wentz
28. Botanist Mr. Gray's
29. Bypass
31. "Last one __ __ a rotten egg!"
33. Abrupt door closing
36. Marie-Claire's friend
37. Sitarist, __ Shankar
38. Song covered by Chantal Kreviazuk: "Leaving on _ __ Plane"
41. Work like _ __ (Toil)
46. 'Rocky' movies installment
48. 1998 Sarah McLachlan hit
49. Tofu base
51. Countertops edging choice
52. Gorge village of Southwestern Ontario
53. Ms. Cyrus
55. Toothbrush brand
57. Minuscule
60. About: 2 wds.
61. Soft drink request
62. Completes
64. Caviar
66. Tommy Jones link

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	4					8	
3					5		4	
9			6		4	7		
	2			3		6		9
5		6		2			7	
		7	3		8			2
	4		9					8
	3					4	1	

Yesterday's Sudoku

9	1	2	8	5	7	3	6	4
6	8	4	3	9	1	2	5	7
3	5	7	2	6	4	9	1	8
5	6	8	7	4	3	1	2	9
2	3	1	9	8	6	7	4	5
4	7	9	1	2	5	6	8	3
1	2	5	4	3	9	8	7	6
8	4	3	6	7	2	5	9	1
7	9	6	5	1	8	4	3	2

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- FULLY LOADED
- HARDWOOD
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- Hardwood
- Power Awning

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- AIR CONDITIONING
- FURNACE
- SHOWER
- FRIDGE, STOVE
- MICROWAVE
- POWER AWNING
- STEREO
- QUEEN SIZE BED
- FOLD OUT SOFA
- HARDWOOD CABINETS
- FULL SIZE TIP OUT

APPROVED | $0 DOWN | $45 /WEEK | YOU OWN IT!

BRAND NEW WILDERNESS 2650 BH BUNK HOUSE

- SEPARATE BUNK BEDS
- CENTRAL AIR & HEAT
- SHOWER W/ TUB
- FRIDGE, STOVE
- MICROWAVE
- POWER AWNING
- STEREO
- QUEEN SIZE BED
- FOLD OUT SOFA
- HARDWOOD CABINETS
- FULL SIZE TIP OUT
- TV, DVD
- LOADED

APPROVED | $0 DOWN | $49 /WEEK | YOU OWN IT!

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- Residential Size Shower
- Separate Bedroom
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- Fridge
- Stove
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- Power Awning
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